



Heart Attack and Stroke: Signs to look for

Do you know the signs of a heart attack or stroke? A recent minor traffic accident at the Lab is a reminder that quickly recognizing the symptoms of a stroke or heart attack may mean the difference between full recovery and no recovery. Fortunately for the Lab employee, medical attention arrived quickly.

On average, someone in the United States experiences a heart attack about every half-minute, and the average occurrence for stroke, is one in every 40 seconds. Whether it is a heart attack or stroke, early action is critical to preventing death.

Here are some signs to look out for with both medical conditions. In either case, play it safe and call 911 immediately if you observe any of these symptoms.

Signs of a Heart Attack:

- Discomfort (pressure, squeezing, fullness, or pain) in the center of the chest that lasts for more than a few minutes.
- Discomfort in one or both arms, back, neck, jaw, or stomach.
- Shortness of breath, with or without chest discomfort.
- Other signs may include cold sweat, nausea, or lightheadedness.

For a stroke, remember FAST!

- **Face:** Ask the person to smile. Does one side of their face droop?
- **Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **Speech:** Ask the person to repeat a simple phrase. Does their speech sound slurred or strange?
- **Time:** Time is crucial!

The [American Heart Association](#) and the [Centers for Disease Control and Prevention](#) are both excellent sources of information on heart disease. Our Health Services (x6266) is also available to answer any questions.